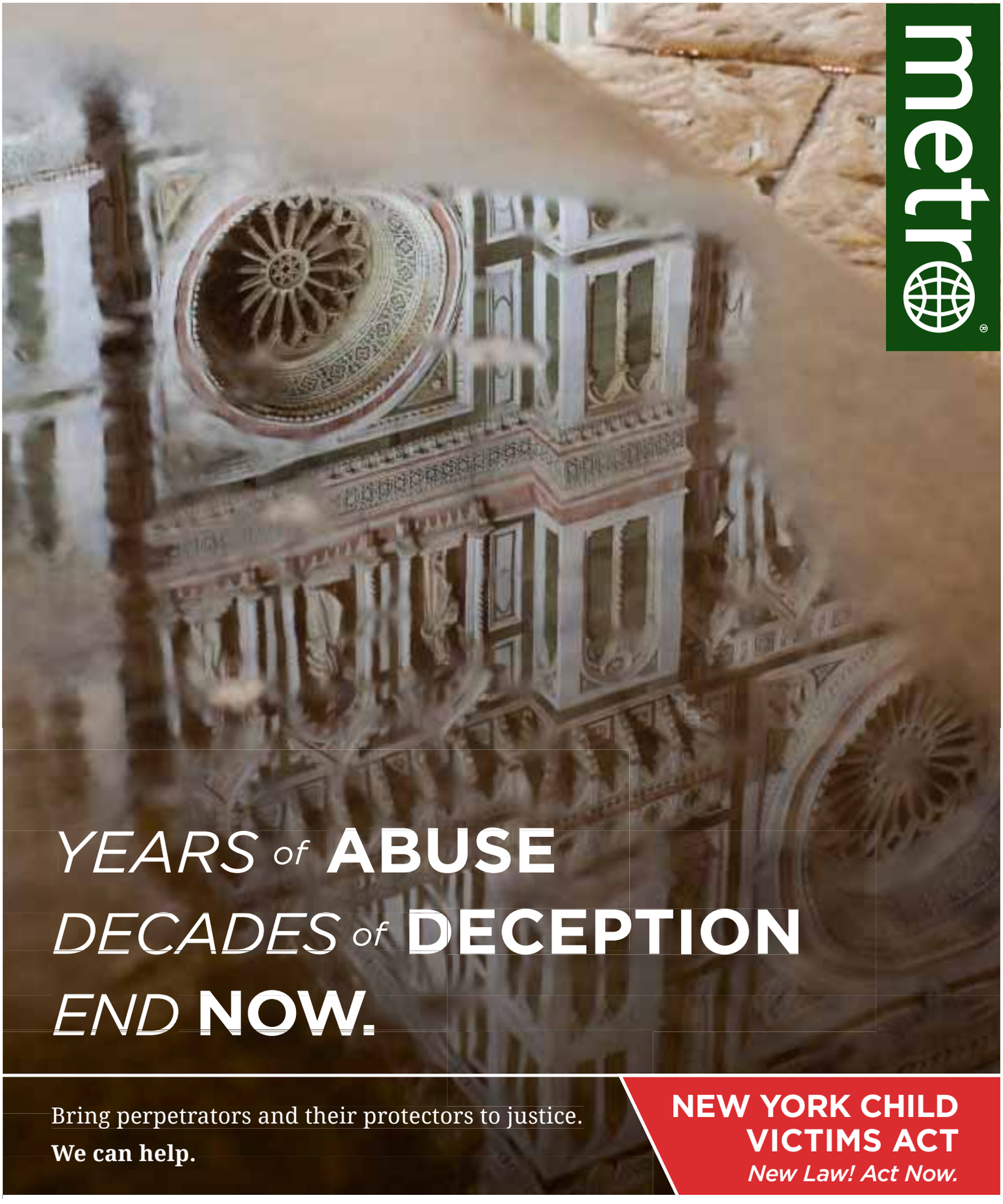

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GETTY IMAGES

Ray Romano takes it slow with 'Paddleton.' 14

WHAT A NIGHT

All the can't-miss moments from the 2019 Oscars. 16-17

Nets' Russell starting age 23 with a bang. 20

Learn about the candidates for Tuesday's special election for public advocate, the city's watchdog next to succeed the mayor. 4, 6

WHO'S NEXT IN LINE?

ISTOCK

5 THINGS TO KNOW

WELCOME TO METRO.US

KRISTIN TOUSSAINT, REPORTER

Are you ready to head to the polls on Tuesday? I'll admit, it's a weird time for an election, so maybe you're not totally prepared, but we've got everything you need to know about this special election inside. This election is to pick the next New York City public advocate, since Letitia James left the role last year to serve as state attorney general. To meet all 16 active candidates, or if you need a refresher on what the public advocate position even is, read more inside and at **metro.us.**

Vietnam prepares for Trump–Kim summit

1 Dozens of North Korean security men with identical haircuts and suits marched off an aircraft at Hanoi airport on Sunday, as Vietnamese soldiers searched through shrubbery outside a posh hotel in the city center days before a North Korea–U.S. summit. North Korean leader Kim Jong Un and President Donald Trump will meet in Hanoi on Wednesday and Thursday, hoping to build on a commitment they made at their first meeting, in Singapore in June, to rid the Korean peninsula of nuclear bombs. They are expected to meet for their second summit in Hanoi's Government Guesthouse, an elegant, colonial-era building in the city center, or at the nearby Metropole Hotel, sources have told Reuters. Vietnam has confirmed that Kim will arrive for an official goodwill visit as well as the summit with Trump, but has released no further details regarding meeting locations.

Dems will subpoena Russia report if needed: Schiff

2 Democrats will subpoena Special Counsel Robert Mueller's final report on his investigation into links between President Donald Trump's 2016 election team and Russia if it is not given to Congress, Adam Schiff said on Sunday. Schiff, a Democrat who chairs the House Intelligence Committee, said Democrats will also sue the government and call on Mueller to testify to Congress if necessary. "We will obviously subpoena the report. We will bring Bob Mueller in to testify before Congress; we will take it to court if necessary. And in the end, I think the [Justice] Department understands they're going to have to make this public," Schiff said on ABC's "This Week." Amid reports that Mueller could be near concluding a 21-month investigation into whether Trump's campaign team colluded with Russian efforts to influence the 2016 election, Democrats are pushing for it to be made public.

The 91st Annual Academy Awards

3 Maya Rudolph, Tina Fey and Amy Poehler kicked off the hostless Academy Awards at the Dolby Theatre in Hollywood, California, on Sunday. ***Read more Oscars coverage on Pages 12-13.***

GETTY IMAGES

Calif. man who spent 39 years in prison gets $21M

4 A California man who was wrongfully convicted for killing an ex-girlfriend and her son four decades ago has reached a $21 million settlement with the city of Simi Valley, officials said. Craig Coley, 71, was sentenced to life in prison without parole for the 1978 murder of his former partner, Rhonda Wicht, and her 4-year-old son, Donald, at their apartment. He had always maintained his innocence, and was pardoned in 2017 by California's then-governor, Jerry Brown, based on exculpatory DNA evidence found by investigators. "While no amount of money can make up for what happened to Mr. Coley, settling this case is the right thing to do for Mr. Coley and our community," Simi Valley City Manager Eric Levitt said on Saturday in a statement. The 39 years Coley spent behind bars was the longest prison term ever overturned in California, the statement said.

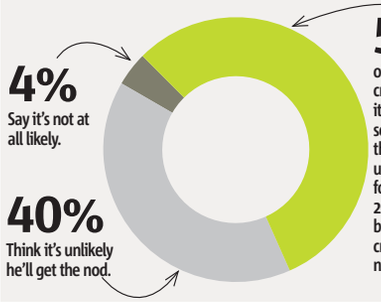
Boeheim: Death will weigh on him for 'rest of my life'

5 Syracuse head coach Jim Boeheim said his involvement in an accident that left a man dead on Wednesday "will be with me for the rest of my life" after coaching in the Orange's loss to Duke on Saturday night. After Syracuse defeated Louisville on Wednesday, Boeheim was driving home from a restaurant on Interstate 690 when he struck and killed 51-year-old Jorge Jimenez. A passenger in a vehicle that was involved in its own accident, Jimenez had exited that car before he was struck. Law enforcement has said Boeheim was not at fault. After Saturday's game, Boeheim made a statement addressing the Jimenez family directly. "First and foremost, to the Jimenez family, I want them to know how truly devastated I am for my involvement in the loss of their loved one, Jorge Jimenez. The grief and pain his family is feeling at this time is, simply put, unimaginable."

STATS

Bernie Sanders

How likely is it that Bernie Sanders will end up being the Democratic presidential nominee in 2020 – very likely, somewhat likely, not very likely or not at all likely?


4%
Say it's not at all likely.
40%
Think it's unlikely he'll get the nod.
56%
of likely Democratic voters think it's at least somewhat likely that Sanders, who unsuccessfully ran for president in 2016, will end up being the Democratic presidential nominee in 2020.

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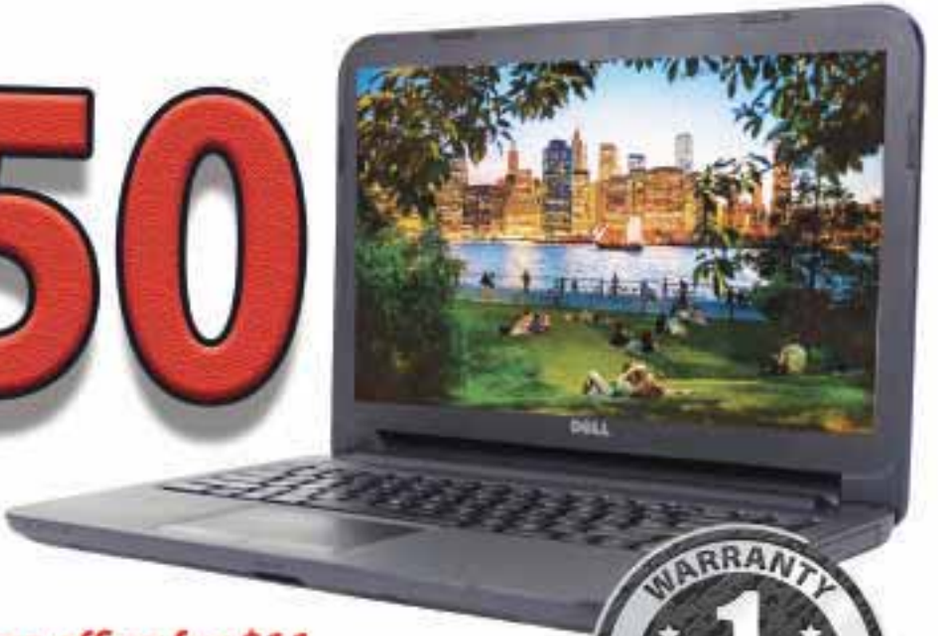

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Latitude laptop
Posted by Jim Schoenfeld on Dec 04, 2018

I love these! I am the IVT manager for a group of dealerships, and I have purchased a bunch of these! I had one power supply go bad, and they shipped me a new one ASAP. Love the money I save and the great products I get.

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Great product excellent service reasonable price
Posted by Anthony Manfre on Jan 03, 2018

Website ordering of our product was easy; service was as selected; delivery fast with excellent packing, and the product met our expectations.

★★★★★

Good price, excellent refurb
Posted by Richard Brooks on Feb 23, 2018

Needed a good small second laptop for everyday carry. This unit is perfect. No noticeable wear, even in the keys. Quick ship, careful packing. All my computer business is staying here with these guys in my home state! I will definitely be a return customer!

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DELL LATITUDE E6420 I5 LAPTOP WINDOWS 7 PRO
Posted by Grover Breidenbach on Mar 22, 2018

DELL LATITUDE E6420 I5 LAPTOP WINDOWS 7 PRO ordered refurbished. Great deal and extremely pleased with the laptop and the customer service. Very attentive and helpful people. Emails answered very quickly and thoroughly.

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Voters will head to the polls for Tuesday's special election for public advocate.

ALL GETTY IMAGES

Plenty of intrigue, and candidates, for special election

The special election is Tuesday. Here's everything to know about the race for the next New York City public advocate.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Are you ready to head to the polls, New Yorkers? No, we're not talking about 2020 — there's an even closer election, a special election to name the next New York City public advocate.

Former Public Advocate Letitia James has moved into her new role as New York State attorney general, and since her inauguration on Jan. 1, City Council Speaker Corey Johnson has had to fill in as the role of public advocate in the meantime.

But soon, New Yorkers will name their next choice for the role.

Here's everything you need to know about the 2019 New York City public advocate election.

The role of public advocate has been around since 1993, and it's an elected position meant to be a watchdog for city government. Technically a part of City Council, though a non-voting member, the public advocate does have the right to introduce and co-sponsor legislation. The elected official is also tasked with reviewing and investigating complaints "concerning city services and other administrative actions of city agencies," per the New York City Charter, and issuing reports to the council and the mayor.

Basically, they advocate for the public of New York City. One prominent way this effort has been voiced has been through the annual NYC Landlord Watchlist, which was first started by Mayor Bill de Blasio back when he was public advocate in 2010. Though that list historically had called out only the worst private landlords throughout the five boroughs, James made headlines in 2018 when she named NYCHA the worst landlord in the city.

The public advocate is also first in line to succeed the mayor in case they can't perform their duties.

Polls will be open across New York City for Tuesday's special election from 6 a.m. to 9 p.m. As long as you're in line by 9 p.m., you'll still be able to cast your vote.

Why is this called a special election? The NYC public advocate election on Feb. 26 is, notably, not in November, like most elections. Though the public advocate position has a four-year term, the winner of the special election will not immediately serve that length. They'll serve as public advocate through the end of the year, and then they'll have to run for re-election again in the fall, participating in a primary election in September and a general election in November.

The winner of that general election will hold the position for the rest of James' term, which ends in 2021.

Go to page 8 for a list of the candidates.

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ADVANCEMENTS IN JOINT PAIN RELIEF A SPECIAL HEALTH UPDATE

"Thousands of Arthritis Sufferers Now Walk, And Enjoy Life WITHOUT Pain —Who Never Thought They Could!"

New Treatment From The Arthritis Knee Pain Center Has People With Knee Pain Flocking To Them….

New York, NY- Have you ever been told that exercise will help your knee pain? How about taking a supplement by mouth and the pain will go away?

For some it may help but for many who are in late stage osteoarthritis it may be too late.

Maybe you've even tried injections but had no luck with them either.

Well, if you can relate to any of this then read on because we have great news for you…

Finally, A Treatment for Severe and Chronic Knee Pain That Actually Works!

Millions of older Americans suffer from knee pain due to osteoarthritis. This constant, crippling pain can keep people from doing even the simplest of tasks.

Sleep problems, limited mobility and not being able to do the things you used to do can suck all the joy out of life.

The good news is that there is a new treatment that is effective and has given thousands of people in the Houston area relief. It's called viscosupplementation (lubricating Gel) and our method uses—"special digital imaging".

Viscosupplementation And Why Your Knee Hurts….

Your knee pain all begins when the cartilage of the knee starts wearing away and the natural lubricating fluid in your knee dries up due to the arthritis. The bones then start rubbing together and causes excruciating pain.

Viscosupplementation is an effective treatment where a lubricating gel is injected directly into the knee joint. This gel acts as a lubricant and cushion between the bones of the knee similar to how oil lubricates a car's engine—and helps ease your pain.

The Difference in Our Treatment…

Many people however, don't get the relief they need from viscosupplementation. This is usually due to two reasons:

1. Their body doesn't respond to the lubricating gel used or

2. The lubricant is injected in the wrong place.

Here at The Arthritis Knee Pain Center we use several different lubricants. Not all lubricants work well for everybody in the same way not all people respond the same way to certain medications. One person may try 2 or more blood pressure medications before they finally get the right one that works.

The same is true with these gel injections. There are over 7 different types that are all FDA approved.

But the main difference in our treatment is that our doctors are thoroughly trained in using advanced digital imagery to see right into the knee joint and determine EXACTLY where the injection should go to be most effective.

Studies have shown that doctors miss the right spot up to 30% of the time! That's almost a third of the people getting this treatment not getting the relief they need!

Contact Us For a FREE Knee Screening... Call (646) 650-2522

This treatment is taking the New York area by storm! Lots of people are coming to our office to get this treatment. With the baby boomer population aging, knee pain from arthritis is a growing problem for this age group (and the younger generations are also being more and more affected).

Call us now at **(646) 650-2522** for a free knee screening. We'll evaluate you and see if you're a good candidate for our treatment. We want to help as many people as we can but we only have room for 20 evaluations every month and slots fill quickly. CALL US NOW! Becoming pain free and getting your life back may be just one call away…

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Meet NYC's public advocate candidates

A whopping 16 active candidates seek to win Tuesday's special election.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

The special election for New York City public advocate is Tuesday. GETTY IMAGES

There are a lot of candidates in this election — 17, to be exact, who will appear on the special election ballot that the Board of Elections, responsible for determining which candidates meet the requirements, parsed down from a previous total of 23 candidates.

Although State Assembly member Latrice Walker made the final ballot, she is no longer seeking the position.

Manny Alicandro, an attorney and former Republican candidate for attorney general **Top 3 issues:** Repair the MTA, investigate the NYCHA housing crisis and address homelessness.

David C. Eisenbach, Columbia U. professor **Top 3 issues:** Save small business, stop big real estate giveaways, fight community displacement.

Anthony (Tony) Herbert, community activist **Top 3 issues:** Repair NYCHA housing, move homeless individuals into affordable housing, establish citywide mentoring/vocational programs.

Nomiki Konst, investigative journalist **Top 3 issues:** Higher wages, affordable housing, taxing real estate developers.

Danny O'Donnell, State Assembly member **Top 3 issues:** Protecting equality for all, fighting overdevelopment and expanding affordable housing, increasing transparency in city government.

Ydanis A. Rodriguez, City Council member **Top 3 issues:** Protect and defend immigrant rights, provide quality education for all, work toward an efficient and affordable MTA.

Dawn L. Smalls, attorney and political director who worked with both the Obama and Hillary Clinton presidential campaigns. She says she wants to fix public transit, fight for affordable housing and combat homelessness.

Benjamin L. Yee, coding and civics teacher, entrepreneur and activist **Top 3 issues:** Civics for all, power for communities, justice for New Yorkers.

Michael A. Blake, State Assembly member **Top 3 issues:** Public and affordable housing, transportation and the MTA, jobs and criminal justice.

Rafael L. Espinal Jr., City Council member **Top 3 issues:** Create a greener NYC, make the city affordable for all, improve the quality of living.

Ron Kim, State Assembly member **Top 3 issues:** Put people over corporations, end taxpayer-funded corporate giveaways, eliminate student debt for the neediest.

Melissa Mark-Viverito, former City Council speaker **Top 3 issues:** "Fix the MTA," repair NYCHA, lift up women.

Jared Rich, lawyer **Top 3 issues:** "Every school should be great," fixing all NYC housing issues, attacking the opioid distribution chain.

Helal A. Sheikh, public school teacher **Top 3 issues:** [None provided in the NYCCFB's voter guide.]

Eric A. Ulrich, Queens City Council member **Top 3 issues:** Hold the mayor accountable, protect small businesses, make city government more transparent.

Jumaane D. Williams, Brooklyn City Council member **Top 3 issues:** Addressing NYC's affordable housing crisis, increasing government transparency and accountability, and overhauling the city's criminal justice system.

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R. Kelly bond on sexual assault charges set at $1M, due in court Monday

The 52-year-old was charged with 10 counts Friday.

R. Kelly. GETTY IMAGES

Grammy-winning singer R. Kelly, who has faced years of sexual abuse allegations, was ordered held on a $1 million bond on Saturday on charges that he sexually assaulted three teenagers and a woman, as prosecutors offered new details in the case.

In Cook County court, prosecutor Jennifer Gonzalez said Kelly met one of the teenaged victims during his trial on child pornography charges in 2008 when she sought his autograph after a day in court and repeatedly had sex with her between 2009 and 2010. (Kelly was acquitted of the child porn charges.)

He met another victim at her 16th birthday party, Gonzalez said, and had sex with her in the first of many encounters in 1998 after telling her to take a taxi from school to his recording studio. A third charge is based on a videotape that purportedly shows Kelly and a 14-year-old girl engaged in sexual acts sometime between 1998 and 2001.

The fourth victim was Kelly's hairdresser, then 24, who said Kelly tried to force her to have oral sex in 2003 before ejaculating on her shirt, according to prosecutors. DNA testing linked the sample to Kelly, prosecutors said.

Cook County Judge John Lyke, who called the allegations "disturbing," set bail at $1 million for Kelly. The singer appeared in a black hooded sweatshirt and looked down as prosecutors outlined the case against him. He was not asked to enter a plea at what was purely a bond hearing, although his lawyer Steven Greenberg has described Kelly as "an innocent man."

The 52-year-old R&B singer, whose real name is Robert Kelly, was charged with a 10-count indictment on Friday, nearly two months after the Lifetime television network aired a six-hour documentary series "Surviving R. Kelly" in which multiple women accuse him of sexual misconduct and abuse. REUTERS

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NYC Doctors Urge Back Pain Sufferers:

Avoid Surgery Or Addictive Drugs Until You Read This...

Modern Treatment stands to free thousands of New York Area pain sufferers from reduced mobility, stress and poor quality of life. Treatment may help avoid surgery or overuse of dangerous medication

NEW YORK CITY - If you are interested in relieving back pain or neck pain, getting back to basic daily activities without discomfort and having more energy, than this this will be the most exciting message you ever read.

Here's why

There is a medical clinic in New York City called ***NYC Pain MD***. Actually two of them… in different parts of the city. I'm not sure… but if I'm right… you may want to call them after reading this. If so, their phone number 877-907-2934.

Anyway... Here's What This Is All About

The doctors at *NYC Pain MD* have made a discovery of sorts. It's not a discovery as in they invented something new. It's a discovery about when and how they apply certain back pain treatments… that they have fine tuned… and perfected to get better results than they ever thought possible.

Countless patients are living proof. **And check this out:** What NYC Pain MD doc's actually use is called an "algorithm"... a special step-by-step formula starting with proper evaluation so you make sure to leap frog or bypass treatments that won't work... and find the ones that will work best for you in a little time as possible. Less trial and failure means better quicker results for the pain sufferer.

Now, you may have even heard about many these treatments. **But here's one I bet you may have never heard of... that might help you... and it's not an "epidural".**

This treatment is called:

"Radiofrequncy Neurotomy." RF for short. RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your back or neck and one of their jobs is to sense PAIN.

Radiofreqeuncy waves are delivered to these nerves under advanced precision medical imaging to target the damaged areas... done right in their own clinic without intimidating, expensive hospitals or surgical centers... to "block" the painful nerve flow.

To decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency will be performed for longer term relief.

But... It's NOT Just The Treatment Alone That Is The Key Ingredient

You see, the real secret is the NYC Pain MD *formula*. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step Number One.

And what you'll really like is... this screening is FREE

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is… they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call… keep calling… or leave a message... it will be well worth it.

This screening will give you so much relief just knowing what is going on… and what your best options are.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you can understand completely. Not all complex "doctor talk".

The best treatment may be one… or a combination of several advanced medical treatments offered at *NYC Pain MD.*

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doctor's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with so many patients patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot accept every case or help everyone… so many have finally gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings is because it has opened the door

NYC Pain MD **offers innovative treatments for back and neck pain using modern techniques without hospitals or surgical centers.**

to so many people that never would have gotten help otherwise.

At the very least, you will finally have some direction and a plan. And whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or *not* being rich or famous… to keep you away if you are suffering in pain.

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So… if you are even remotely interested… take the a first step give them a call at 877-907-2934.

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Pat King
Grumble Editor

ALL PHOTOS ISTOCK

READER WRITE-INS:

YOUR CAR ALARM!!!!

OMG! Unbelievable... Who doesn't hear THEIR car alarm blaring ALL NIGHT long! For four-plus hours. I lost track of time once I got up to move into another room, away from the blaring NOISE, after trying to sleep through it for four hours! Just when you thought it had stopped, it would start again! Honk, honk, honk, honk, honk... pause. Honk, honk, honk, honk, honk...pause. And so on and so on... This thing literally kept the entire neighborhood awake for hours!

How DID YOU NOT hear it? or maybe you did, but decided to do absolutely nothing about it! Next time, the police will be called or your battery will be disconnected (which, hopefully by now, is DEAD)!

— Anonymous, *Metro US reader*

GROSSED OUT BY GUM ON THE SIDEWALK

Why do people spit out their gum onto walkways? As if the chomping and snapping isn't bad enough, they choose to dispose of their chewie by spitting. It's just gross. Afterward, it morphs into a glob of brownish black. What a beguiling sidewalk mosaic these discarded pieces become.

— Bernadette, *Metro US reader*

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Please remember to send your Humbles to **humble@metro.us**. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

metro.us/horoscopes

Aries Knowledge is power. Learn all you can before you get into a debate or try to prove a point. Consider the outcome before you pick a side. Don't share personal information.

Taurus Pick up the pace and finish what you start. How you go about helping others will determine your success. If someone tries to use you or take advantage of your hospitality, back away.

Gemini Know how much you want to contribute before you offer to help. Promising too much and falling short will put a dent in your reputation. Be precise and honor your pledge.

Cancer Step up to the podium and let others know what you are capable of doing and what you are willing to contribute. The people you encounter will enrich your life.

Leo Emotions will surface if you don't like what's going on at home or work. Look at the big picture and avoid negativity. Do what's best and right.

Virgo Participation will help you use pent-up energy constructively. Get out of the house, go to the gym or take part in whatever provides you a challenging and rewarding outlet.

Libra Learn as you go and bring about positive change that will encourage you to improve your life. Be willing to walk away from negativity, demanding people and bad relationships.

Scorpio Create your own destiny. Consider what you want to do and start the ball rolling. Be innovative and seek out those who share your opinions and desires.

Sagittarius Be careful whom you trust with personal information, secrets or your possessions. Lending and borrowing isn't a good idea. Someone will twist your words or misinform you.

Capricorn Try to find new ways to use your skills in ways that will improve your cash flow. Physical labor will encourage you to get in tip-top shape. Romance is on the rise.

Aquarius Listen, but don't share your opinion. The information you pick up will help you decipher who is worth spending time with and who isn't. A change will be financially beneficial.

Pisces Think about what you want to do and travel down the path that draws you. What you accomplish will make a difference to you and your loved ones. EUGENIA LAST

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ALL PHOTOS PROVIDED

Singapore's treasures star in NY Botanical Garden's 2019 Orchid Show

For its 17th annual Orchid Show, the New York Botanical Garden highlights the treasures of Singapore, known as the City of Gardens.

EVA KIS
eva.kis@metro.us

Singapore has come to the Bronx, and it's brought along one of the stars of "Crazy Rich Asians" — in flower form. The New York Botanical Garden's 17th annual Orchid Show, opening Feb. 23, features an appearance by a new hybrid named for the hit film's breakout star Awkwafina.

An honor usually reserved for their cultivators, Awkwafina is the first public figure to have her own flower in the garden's collection. Vanda Awkwafina is part of the Vanda family, one of the few types of orchids with flowers in all colors of the rainbow; one of them is even Singapore's national flower.

"The flower of this plant has a bold, vibrant, intense color, with deep raspberry-red blooms of excellent quality, which seemed to be a perfect orchid to carry the name Awkwafina," says Marc Hachadourian, senior curator of orchids. "We think Awkwafina is the perfect choice because of her accomplishments in music and film as well as her prominence as a native New Yorker."

This year's Orchid Show features thousands of blooms in every shape, size and color, and climbing recreations of two of the best-known orchid displays from Singapore, whose nickname is the City in a Garden.

The Supertrees of Gardens by the Bay are artificial tree-shaped towers reaching 160 feet over the city that serve as a vertical garden that also generates solar power. What the NYBG's versions lack in height, they make up for with their luxurious drape of blossoms, like an orchid fountain.

From the Singapore Botanic Gardens, a UNESCO heritage site, come the famous Arches, creating a tunnel of orchids among other tropical flowers.

Because the island country is also known for its bustling street food atmosphere, where you'll find Michelin-starred fare served from food carts, the NYBG's adults-only nights are getting a bit jazzed up.

During select Fridays and Saturdays starting March 16, the Supertrees come to life with light shows after dark, the Bronx Night Market serves up local and Asian-inspired fare, plus specialty cocktails like the Singapore Sling and performances by Chua Yun Chun and her modern dance company for Orchid Evenings.

"The 2019 Orchid Show: Singapore" is open now through April 28 inside the Enid A. Haupt Conservatory, 2900 Southern Blvd., Bronx. Admission is $23-$28 for adults, $10-$12 for kids 12 and under; Orchid Evenings are $38, nybg.org

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Important Knee Arthritis Pain Alert

"Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 3 out of 4 Worst Cases At Least 7.3 Years..."

Free Screenings* Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand

NYC - What would it be worth to you if… in just 60 minutes… you could finally discover a way to get relief for your knee arthritis pain?

And…

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And…

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where…

…you jump out of bed in the morning, well rested and ready to take on the new day, without pain…

…you don't have to take slow, limping laps around your bedroom just to be able to walk every morning…

…you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again…

…you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain…

Well… that's exactly what can possibly happen to you if you spend just 60 minutes with us…

…Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is…

I know you may find this hard to believe. Just about every one does when we tell them about this… *at first*.

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed…

Because There is Proof
Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it..

And he wanted to prove... beyond a shadow of a doubt... the results he got .. were not only REAL.. they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you... and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment
And How Can You Find Out
If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment ." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint . This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move must better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments

are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as $13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation…

If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case… but in the end… you can still get tremendous results . . .

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless , too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment… the way our expert doctors do it... there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief… and, best of all…

You Get To See If You Qualify For FREE

That's' right. We want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning… and every other morning for the rest of your life… with less pain… worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain… just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening… all that's changed…

Work and family have become rewarding and fun. Life is so much easier and better… in so many ways… without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you… right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want… and deserve.

Whatever YOUR personal hopes and dreams are…They are all possible if you take action… right now.

All you have to do is give this a chance and schedule for the screening . But then again…

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work… or… it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be…

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at 877 380 8537 and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way . We don't ever do that. . You see, is not uncommon for us to get over 100 new patient calls in a single day.

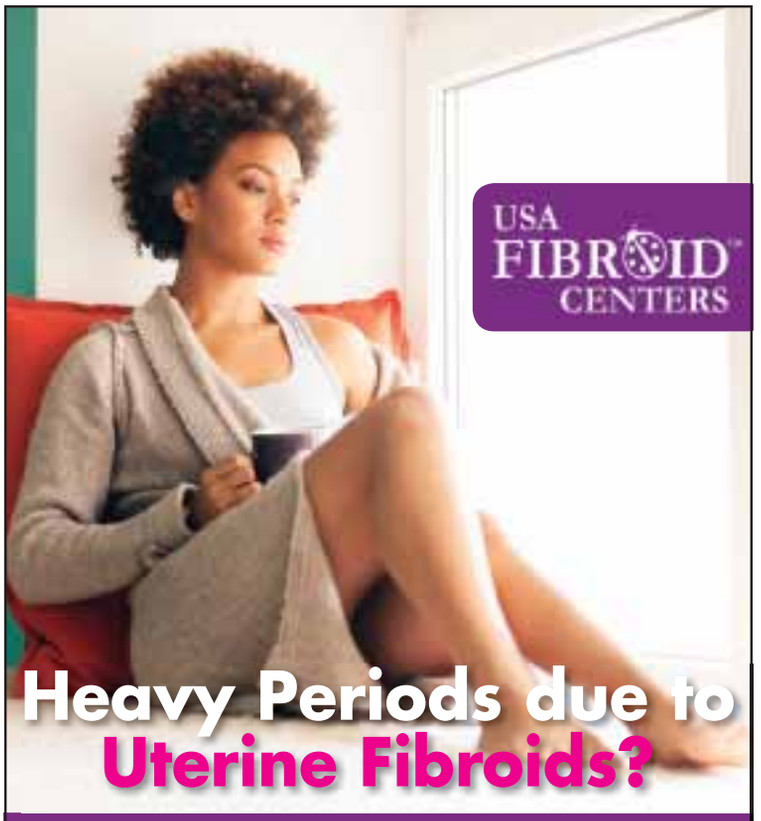
Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **877 380 8537**

NYC PAIN MD

877 380 8537



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Ray Romano and Mark Duplass star in "Paddleton." PATRICK WYMORE / NETFLIX

Ray Romano goes 'slow' and 'intimate' with 'Paddleton'

The comedy legend talks about his new Netflix flick.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Ray Romano's legacy as a comedian has long been secure. Mostly because of the monstrous success of "Everybody Loves Raymond," but also due to his stellar stand-up career that made him one of the most respected comics of the '90s.

Recently, however, Romano has proved remarkably adept in dramatic roles too, excelling in the Oscar-nominated "The Big Sick," very much holding his own against the always extraordinary Holly Hunter. In fact, it was this performance that convinced indie producer and actor Mark Duplass that Romano was perfect for "Paddleton," which sees the pair star as Michael and Andy, respectively, two misfit neighbors that have to come to terms with the latter's cancer diagnosis.

"He was at the afterparty," Romano tells Metro. "It was the first time we'd ever met. I guess he liked what he saw, because he said, 'You know, you and I, you would be good for this one project that I'm thinking of.' He didn't really tell me anything about it."

That's actually because there wasn't much to tell as "Paddleton," much like Duplass' other projects, didn't have a shooting script, only an outline.

"He said to me, 'We only do outlines and we improvise the scenes.' I mean, it was a pretty detailed outline. And I just liked the idea of it. The execution and the style of it scared me a little. But I was very intrigued. So I quickly decided to take this chance."

Romano even adjusted his own acting approach to merge with Duplass' style, which he calls "slow and subtle and intimate," as he just trusted his instincts to make sure the performance felt "more real."

"Normally in a scripted piece when I do in an emotional scene, I am in the corner, I put on my headphones, I need to listen to sad music. I need to get myself to that spot. But for this, I needed none of that. That was just the type of movie that it was. You know you're living with a guy, you're creating his lines for 20 days in a row, you just put so much of your soul into this guy. So it just felt so real. It felt so organic."

Considering that Romano and Duplass only met for the first time just a few months before filming, how did the pair create such an authentic friendship on screen?

"We discussed who these guys were in great detail," says Romano. "He described them as these outsiders who are socially awkward and really just have each other. Mark is a very friendly guy."

"He made me feel very at ease. I really took to him," he adds. "I was really comfortable with him. We were still getting to know each other until we started filming. But everything felt right."

"Paddleton" is now on Netflix.

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5 Unforgettable moments from the 2019 Oscars

What a night.

MATT JUUL
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From fashion statements to rocking musical performances, the biggest night in Hollywood did not disappoint. While fans weren't sure what to expect from this year's hostless Academy Awards, the ceremony went off without a hitch despite the lack of an emcee. Here are five unforgettable moments from the 2019 Oscars.

Billy Porter shuts down the red carpet

Before the show even began, fashion lovers were treated to all sorts of amazing outfits on the red carpet. From Spike Lee's purple Prince tribute to Glenn Close's 42-pound golden gown, there were a ton of great looks to marvel at Sunday night. However, only one star deserves best dressed, and that award goes to Billy Porter. The "Pose" actor made quite the statement with his black velvet gown designed by Christian Siriano, which immediately took social media by storm. Keep slaying, Billy Porter, keep slaying.

Queen rocks us

Since the Freddie Mercury biopic "Bohemian Rhapsody" was up for a number of awards Sunday night, it was only right that the Oscars pay tribute to the iconic rocker. And that they did, with an amazing performance by Adam Lambert and Queen, who kicked off the ceremony with a stellar medley of "We Will Rock You" and "We Are the Champions." The mini concert gave the show a much-needed jolt of energy to start the evening.

No host, no problem

The 2019 Oscars didn't have an official host, but "Saturday Night Live" alums Tina Fey, Amy Poehler and Maya Rudolph made a good case for why they should get the nod for next year's show. The hilarious trio teamed up to announce the first award of the night, but before they presented the honor, the comedy legends brought the laughs with a series of jokes poking fun at the hostless show, as well as taking a slight jab at President Trump. "Just a quick update for everybody in case you're confused, there is no host tonight," Rudolph said. "There won't be a popular movie category and Mexico is not paying for the wall." After their hilarious bit, Fey, Poehler and Rudolph announced the winner for Outstanding Supporting Actress, which went to first-time Oscar winner Regina King for her role

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Billy Porter slayed the red carpet. GETTY IMAGES

in "If Beale Street Could Talk."

Melissa McCarthy, Brian Tyree Henry turn heads

While Billy Porter was the clear best dressed winner, Melissa McCarthy and Brian Tyree Henry turned heads in their own way with their hilarious outfits while presenting the award for Achievement in Costume Design. McCarthy, who was nominated for Best Lead Actress for her role in "Can You Ever Forgive Me?", wore a stuffed bunny-adorned dress as she and Henry spoofed "The Favourite" with their get-ups. The duo ended up presenting the award to costume designer Ruth Carter for her work on "Black Panther," the first of several wins for the film.

Keegan-Michael Key's grand entrance

Keegan-Michael Key entered the show in style. The comedian and actor popped into the ceremony from the rafters, holding an umbrella as he descended into the Oscars festivities. The grand entrance was fitting, as Key ended up introducing Bette Midler's performance of "The Place Where Lost Things Go" from "Mary Poppins Returns," which was nominated for Best Original Song.

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EDUCATION

She fell for a common student loan scam. You don't have to.

NerdWallet is a personal finance website.

Facing more than $80,000 in student loan debt, Tiffany Tatafu did what thousands of other student loan borrowers do: She searched for answers on her phone.

The single mother of two had heard that as a public employee, she could be eligible for student loan forgiveness. She'd landed job as a student support coordinator at Arizona State University after earning a master's degree in education in 2017.

Tatafu called one of the first listings that came up in her search.

A representative at the company pushed her to sign up for its service, which cost $50 per month for three years on top of her normal student loan payments. They told her it was the only way she'd qualify for forgiveness, Tatafu recalls.

"They definitely made it sound like I had to go through them or I would not be in the program," Tatafu says. "So they lied."

'They wouldn't give me any answers'

Tatafu's experience is a textbook example of how third-party companies prey on vulnerable student loan borrowers.

"That is precisely the same pattern we have seen with countless other borrowers," says Danielle Tarantolo, an attorney at New York Legal Assistance Group.

So-called debt relief companies lure borrowers with exaggerated promises of forgiveness. At best, they charge fees to enroll borrowers in free federal loan programs like income-driven repayment plans. At worst, they take borrowers' money and do nothing to help.

In Tatafu's case, the debt relief company — called Student Relief Dept. — enrolled her in Pay As You Earn, a legitimate federal income-driven repayment plan that caps borrowers' monthly payments at 10% of their income and offers taxable forgiveness on the balance remaining after 20 years. (Student Relief Dept. did not respond to multiple requests for comment.) Borrowers who work for the government, a nonprofit or a public school, as Tatafu does, may be eligible for tax-free forgiveness after 10 years through Public Service Loan Forgiveness.

Based on her $45,000 annual income and family size of three, Tatafu's monthly payment was set at $120. For one year, she made those payments to the debt-relief company, plus an extra $50 for the company's monthly service fee.

After a year, the company notified Tatafu that it was time to recertify her income. The Department of Education requires that borrowers who are on income-driven plans submit proof of income annually.

After submitting Tatafu's paperwork, the company said her new monthly payment would be $0. Tatafu was confused. Her income hadn't changed, so why had her payment dropped?

But Tatafu had a feeling there'd been a mistake. After many calls to the debt relief company and her federal student loan servicer, she began piecing the story together.

What happened It turns out that Tatafu didn't need the debt relief company's services in the first place.

Despite the company's pitch, signing up for federal repayment plans isn't impossibly difficult. Borrowers can submit the income-driven repayment paperwork to their federal student loan servicer on their own — for free.

To make matters worse, the debt relief company incorrectly reported Tatafu's income to her loan servicer during the recertification process, which led to her payment dropping to $0. On income-driven repayment, it's possible to have a legitimate $0 monthly payment if your income is low enough. That wasn't the case for Tatafu, who worried that a mistake could derail her path toward loan forgiveness.

A final wrinkle complicating Tatafu's situation: The debt relief company contracts out the handling of monthly payments. Even if she cancels the debt relief company's services, she still owes fees to the company handling the payments for the rest of her three-year contract or she risks damaging her credit. **TEDDY NYKIEL**

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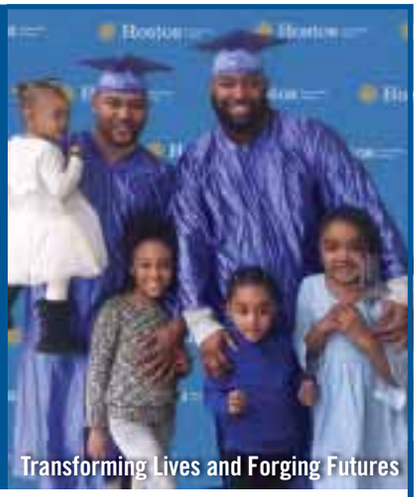

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J-BO

French Montana looks to give undocumented students a chance at the American Dream

The rapper has launched a new campaign called "We Are The Dream."

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GETTY

Access to higher education has become increasingly difficult for undocumented immigrants under the Trump administration. Just last year, President Trump looked to rescind protections that were included in the Obama administration's Deferred Action for Childhood Arrivals (DACA) program, which helped around 800,000 undocumented immigrants pursue degrees at institutions of higher education.

While these protections are still being debated by Congress, Moroccan-born rapper French Montana is taking it upon himself to make sure that undocumented immigrants are aware of their options when it comes to earning a degree. By partnering with MTV and the Get Schooled scholarship program, Montana is leading the "We Are The Dream" campaign, which aims to be a one-stop resource for undocumented immigrants who are looking for scholarships or a list of sanctuary schools across the nation. The site will also be a place for students with similar backgrounds to share their stories and build a community.

"I was born in Morocco..I immigrated to the states when I was 13 years old," Montana said in a promotional video for the program."I was given an opportunity. I was given a chance. I was given a dream. I teamed up with Get Schooled and MTV to give awareness and provide the same resources to every other kid out there who is undocumented."

"We Are The Dream" aims to be much more than simply a database, as students will be able to text "college" to 335577 to speak with a real-life counselor with the program who will be able to assist them during this process in such an uncertain time. Get Schooled is offering a small number of $1,000 scholarships as well to schools and other organizations that offer support to undocumented students. The cutoff date to apply for the scholarship is Thursday, Feb. 28, and those who are interested can fill out an application at WeAreTheDream.us.

Having immigrated to the U.S. himself, the issue is obviously a personal one for Montana, who doesn't want to see undocumented students cut off from the American Dream.

"I am one of tens of thousands of first- and second-generation immigrants that are having a significant positive impact on the United States," the rapper told Rolling Stone earlier this month. "I am excited to lead others in this fight to ensure Dreamers connect with the support they need to get to college and make their American Dream come true."

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Russell starting 23 with a bang

The Brooklyn All-Star dropped 40 on his birthday against the Hornets.

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Nets star D'Angelo Russell dropped 40 points on Saturday against the Hornets. GETTY IMAGES

If his birthday on Saturday night indicated anything, it's that 23 is going to be just as fruitful a year as 22 was for Brooklyn Nets All-Star D'Angelo Russell.

The point guard continues his ascension as one of the premier talents in the league in his second season with the Nets, dropping 40 points over the weekend in Charlotte against the Hornets. He took over in the final minutes of a nail-biting 117-115 victory — one he deemed a "must-win" affair — scoring Brooklyn's final 12 points of the night that included the game-winning three-pointer with 39.8 seconds remaining.

Russell's heroics on the same floor he made his first-ever All-Star Game appearance just a week ago ensured the Nets stayed alone in sixth place in the Eastern Conference playoff race, extending their lead to two games over the Hornets, who currently hold the final postseason spot in the East.

Following his monster game, which also included seven assists, Russell upped his season averages and career bests to 20.5 points and 6.7 assists per game.

They are the kind of numbers that many expected Russell to display upon being drafted second overall in 2015 by the Los Angeles Lakers. However, initial struggles under the microscope that come with playing in Hollywood provided plenty of growing pains for the Ohio State product — struggles that the Lakers were obviously unwilling to work with as they proceeded to draft Lonzo Ball in an attempt to win as soon as possible.

So came the decision to jettison Russell to Brooklyn as the Lakers took a shot at him before closing the door.

"We want to thank him for what he did for us," Magic Johnson said. "But what I needed was a leader."

Sending Russell to the Nets was like the NBA's equivalent of being banished to Siberia. Brooklyn won just 28 games in Russell's first year with the team. It was the Nets' third straight season of winning fewer than 30 games.

Heading into this season, it looked like he was going to miss out on the Lakers' return to prominence after LeBron James signed on over the summer. Preseason projections be damned, though, the Nets have a better record than the drama-riddled Lakers with 21 games to go thanks to Los Angeles' outcast.

James attempted to trade half the roster for Anthony Davis as he continues to struggle to carry a team he said lacked urgency and experience following a 128-115 loss to the New Orleans Pelicans on Saturday.

It only further proves that Russell was spot-on earlier this month when he stated that being traded to the Nets was the best thing for his career.

Rangers trade fan-favorite Zuccarello to Stars for draft picks

A fan-favorite is out in the Big Apple.

The New York Rangers traded veteran winger Mats Zuccarello to the Dallas Stars for a pair of draft picks on Saturday night.

The Rangers will receive a 2019 second-round pick and a third-round 2020 choice. The second-round pick this summer becomes a first-rounder if the Stars reach the Eastern Conference Finals. Should Zuccarello re-sign with the Stars, then the third-rounder in 2020 becomes a first-rounder as well.

The Rangers sent Mats Zuccarello to the Dallas Stars on Saturday night for a pair of draft picks. GETTY IMAGES

Zuccarello's departure, which had been expected for months, continues the Rangers' rebuild, which is stressing youth. The 31-year-old Norwegian winger was one of the longest-tenured Rangers, having spent the past eight-plus seasons with the organization. In 509 career games, he accrued 113 goals and 239 assists, leading the Rangers in points in four of the past five years.

With 38 points in 47 games this season, Zuccarello is on pace to hit his normal 50-plus-point mark that has become commonplace over the past five years. His play on New York's first line alongside Mika Zibanejad and Chris Kreider was one of the few bright spots during the initial stage of a difficult rebuild. A franchise that had made the postseason 11 of 12 years from 2005-2017, the Rangers currently sit in seventh in the Metropolitan Division.

It's made the trading of players like Zuccarello, who are on expiring contracts, a necessity for the Rangers in order to continue piecing together the assets needed to get back on the competitive track.

As the NHL's trade deadline on Monday approached, the market for Zuccarello continued to surge over the past few weeks as contending teams looked to bring on additional playmakers for a late boost prior to a postseason push. Zuccarello was linked to the likes of the Calgary Flames before the Stars became serious suitors.

Dallas has fallen on tough times while hanging on to one of the final playoff spots in the Western Conference. Losses in five of their last seven games have seen their offense average fewer than three goals per night, stressing a need for an offensive boost. Adding Zuccarello gives Dallas the opportunity to put another skilled playmaker on either of the top two lines, providing another option besides Blake Comeau or Jason Spezza. Zuccarello debuted on the Stars' first line on Sunday afternoon alongside Jamie Benn and tallied his 12th goal of the year.

Should the Stars hold onto their postseason standing, they'll be able to take full advantage of Zuccarello's résumé. He's appeared in 60 playoff games in his career, including a Stanley Cup Final in 2014.

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Mike Hoffman an option for Islanders

The Islanders are still searching for that offensive boost in the final hours before the trade deadline.

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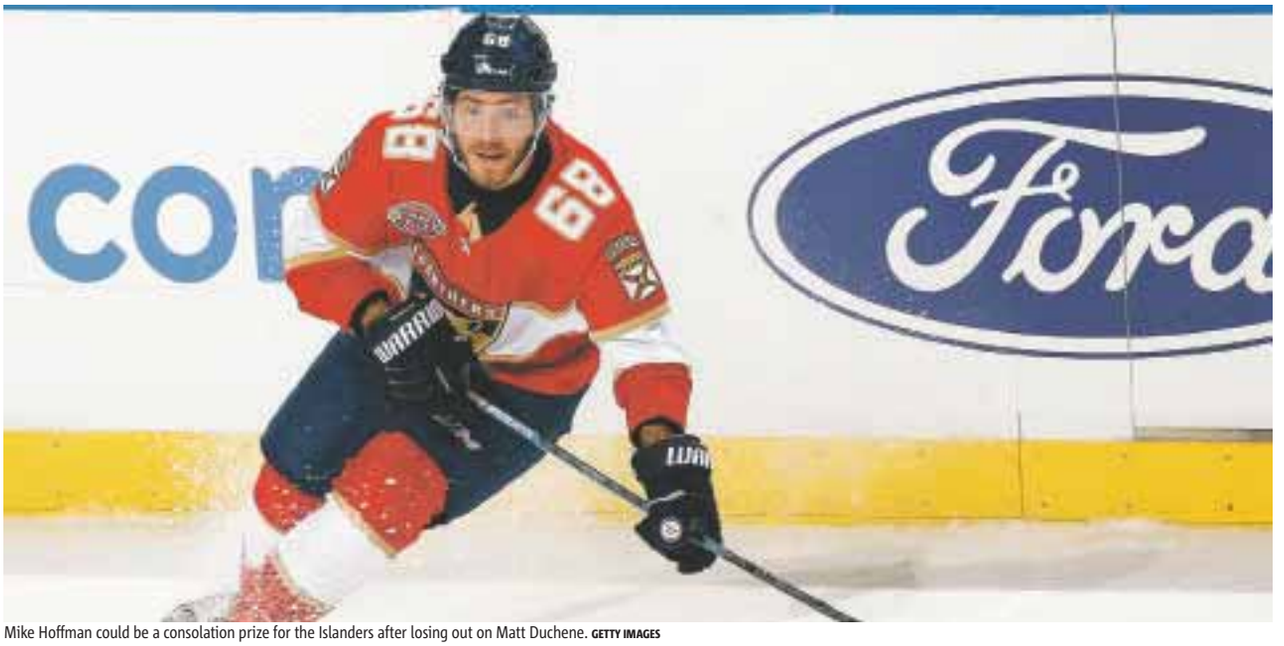

Mike Hoffman could be a consolation prize for the Islanders after losing out on Matt Duchene. GETTY IMAGES

While surrounding rivals continue to make moves, the Metropolitan Division-leading New York Islanders have yet to make a big splash as the NHL's Monday trade deadline continues to draw near.

The second-place Washington Capitals, who are nipping at the Islanders' heels in the standings, have added veteran forward Carl Hagelin and defenseman Nick Jensen in the past week while the third-place Columbus Blue Jackets have been the biggest buyers of the winter.

A team once believed to be sellers at the trade deadline, the Blue Jackets shocked the NHL world by acquiring the expiring contracts of forwards Matt Duchene and Ryan Dzingel, both from the Ottawa Senators.

Duchene was one of the largest names available on the trade market and one of the most closely-linked names with the Islanders. The aggressive moves suggest that Columbus could hold on to Artemi Panarin, who will also be a free agent at the end of the season, to fuel a Stanley Cup-or-bust mentality for the final months of the season. However, Aaron Portzline of The Athletic reported on Sunday that the Blue Jackets are still taking calls in an attempt to get a "mammoth" return for Panarin.

The moves came at quite a price for Columbus, which gave up a grand total of Anthony Duclair, two prospects, a 2019 first-round draft pick, and a pair of second-round picks in 2020 and 2021. That kind of return could have deterred Lou Lamoriello from nabbing Duchene for the Islanders, especially if he can sign the 28-year-old in free agency this summer.

It's a well-known fact that the Islanders need an offensive spark, especially on the power play considering Anders Lee and Jordan Eberle are the only players with more than three goals on the man advantage this season. Yet there is a notion that a big trade could mess with the chemistry of a team that might not be the most talented on paper but is finding ways to win thanks to a well-organized defense and stellar goaltending.

Even head coach Barry Trotz somewhat balked at the notion of the Islanders making a deal before Monday afternoon.

"I think there's not going to be a lot of movement for us," Trotz said. "We feel we've got a good core group and we've got good chemistry in that and Lou is working the phones and trying to improve our hockey team... He's working diligently to try and improve our hockey club and if there's a right fit, he'll make the move."

While Mark Stone, another Senator, is still out on the trade market, the Islanders are reportedly in on Florida Panthers forward Mike Hoffman, per The Fourth Period's David Pagnotta.

Hoffman is having the best season of his career during his first campaign with the Panthers. In 60 games he has 26 goals and 25 assists, just three goals off his former career high of 29 tallies.

What might be the most attractive part of his game for Islanders fans is his production on the power play, as he's accrued 11 goals and 15 assists this season on the man advantage. That would by far become the Islanders' best option for a team whose power play is ranked 24th in the NHL.

The 29-year-old is under contract until the end of the 2019-20 season, which means the asking price for the Islanders would be sizable as it would likely be a package that includes draft picks, a young NHL-ready player and a prospect. But for a team that continues to struggle putting pucks in the net on a consistent basis, it might be a necessary price to pay.

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a/k/a Block 13093 Lot 17.
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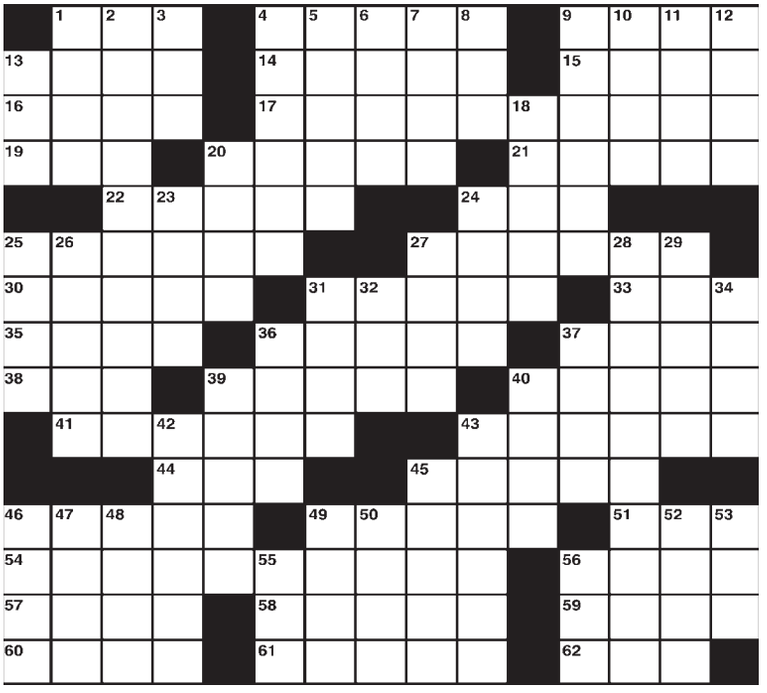

BY TCA

ACROSS

1 "Cat __ Hot Tin Roof"
4 Idaho exports
9 __ down; decelerate
13 Ran fast
14 Asian capital city
15 Residence
16 Beer barrels
17 Still faulty
19 __ nutshell; briefly
20 Jobs or Harvey
21 Kilns
22 Anklebone
24 Signal to an actor
25 Make a mistake
27 Team defeats
30 Crowbar
31 Tranquillity
33 Kook
35 Gung ho
36 Public square
37 Recipe verb
38 Affirmative
39 "Mine eyes have seen the __..."
40 Author Jules __
41 Give a job to
43 Go back on a promise
44 Decay
45 Black-and-white mammal
46 Chocolaty pod
49 Liquid
51 Strike lightly
54 Honest
56 Exhale audibly
57 Navy or indigo
58 Get up
59 Pay attention to
60 Collections
61 Venomous viper
62 Suffix for govern or giant

DOWN

1 Daytime shop window sign
2 Cynic's attitude
3 Promos
4 "Be quiet!" (less politely)
5 Window pieces
6 TCU or UCLA
7 Capitol roof
8 Drink slowly
9 Pushes roughly
10 "All You Need Is __"; Beatles hit
11 Foreboding sign
12 Gives up the single life
13 Enjoy a winter sport
18 Waken
20 Insulting remark
23 Ridiculed
24 __-Cola
25 Murder
26 Embankment
27 Sluggish
28 Pleas
29 Taking to court
31 Stratagem
32 In one __ and out the other
34 Hickory or hemlock
36 Story line
37 __ away; dismiss
39 Sphere of the world
40 Sell on the street
42 Shows to be true
43 Oakland athlete
45 Handbag
46 Taxis
47 Suffix for break or profit
48 Defeat decisively
49 20th-century U.S. president
50 __ down; deposited
52 Matures
53 Prof's degree
55 Pasture cry
56 "Murder, __ Wrote"

metro.us/wordsearch

H	B	G	Y	L	T	N	E	G	I
E	A	W	O	E	U	D	N	U	G
R	N	R	I	S	I	I	B	I	T
E	D	U	E	L	H	C	E	T	E
C	Q	H	S	T	J	G	A	A	E
O	T	Q	E	W	R	X	T	R	W
M	N	M	B	O	M	V	L	E	S
E	O	D	E	A	F	B	E	N	Y
S	J	G	N	C	S	P	S	L	M
H	A	R	R	I	S	O	N	Z	B

Band
Beatles
Gently
George
Guitar
Harrison
Here Comes
Lord
My Sweet
Quiet
Slide
Something
Taxman
The Sun
Weeps

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Category: Comedian

D	P	R	Y
R	A	H	O
R	I	C	R

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	8	5		2				4
			6	5	4	8	1	
4	9	1	8		3		2	
	6				7	1		2
5								8
2		4	5				6	
	7		1		5	2	4	3
	4	2	7	6	9			
1				4		7	9	

Yesterday's Answers

M	P	H			B	E	L	O	W		S	P	A	T
R	E	A	D		O	L	I	V	E		A	L	S	O
S	A	V	E		G	A	V	E	L		B	O	A	S
	R	E	C	L	I	N	E	R	S		O	W	N	S
			L	I	E	D			H	O	T			
O	C	E	A	N	S		C	A	M	I	S	O	L	E
S	H	A	R	K		T	R	I	A	L		R	O	B
C	A	R	E		M	O	U	R	N		W	A	C	O
A	F	T		L	E	E	D	S		S	A	T	A	N
R	E	H	E	A	R	S	E		B	A	R	E	L	Y
			N	B	C			C	A	L	F			
F	L	E	A		I	M	P	O	R	T	A	N	T	
L	O	A	M		F	E	A	S	T		R	E	A	R
O	G	R	E		U	N	I	T	E		E	A	C	H
W	E	L	L		L	U	N	A	R			T	K	O

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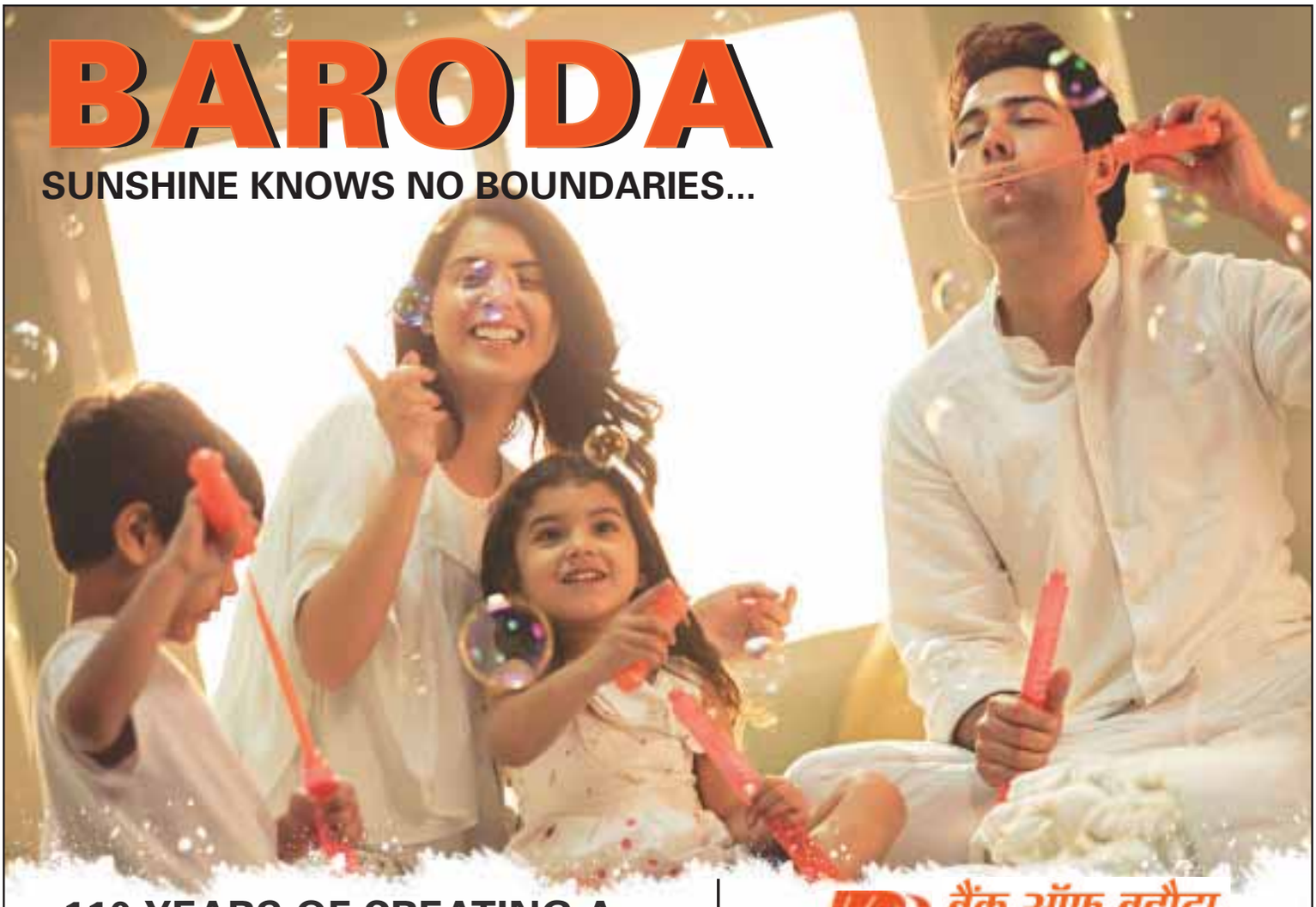

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